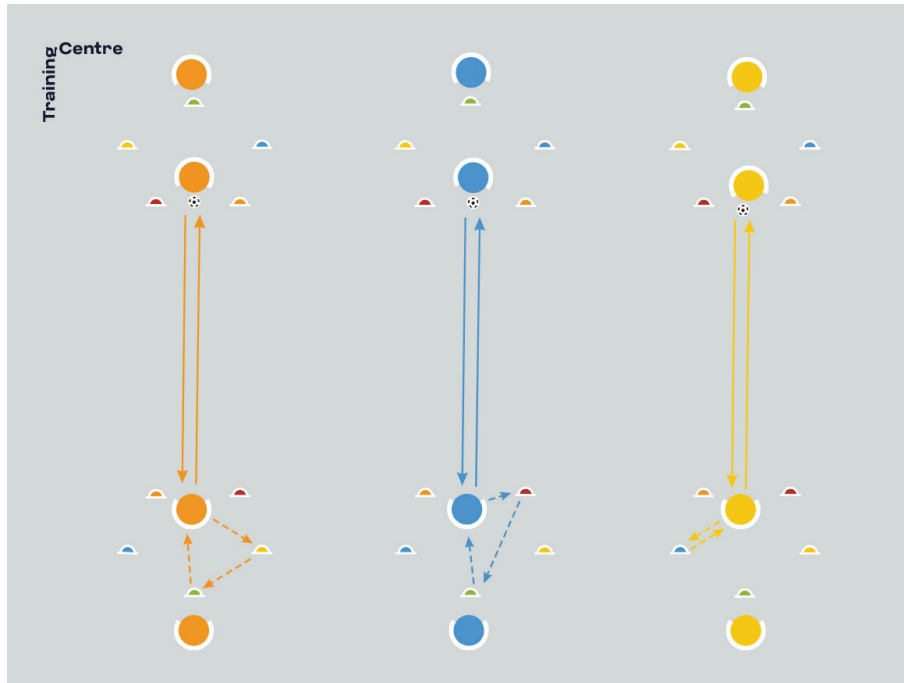


## Ball control —●— and teamwork

### WARM-UP: PASSING AND MEMORISATION OF TOUCHED MARKERS



#### Organisation

- Before you start, explain the rules of the game clearly and simply, including rules to make sure everyone's safety is respected. Point out why it's important to follow the rules of the game. Some rules are important to help us understand what to do. Other rules are needed to ensure everyone's safety and enjoyment of the game.
- Organise the players into groups of four, with two each at opposite ends, and arrange five identical-colour cones at each end.
- Before the player passes the ball, he/she touches a colour cone, then his/her partner does the same at the other end.
- After each successful pass to both ends, the passer touches an extra cone, so he/she touches two, then three, then four, etc. See how high a pattern your partner can remember before he/she gets it wrong.
- The players have to touch the cone with the hands and then the feet.

#### Ways to make the exercise easier

- Have a smaller choice of colours.

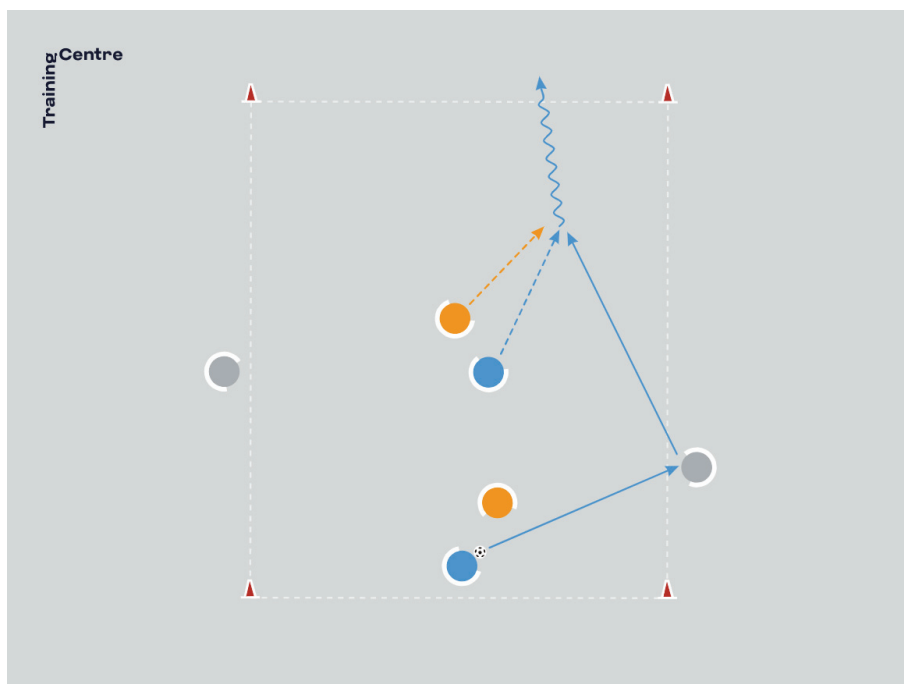
#### Ways to make the exercise harder

- Have a larger choice of colours, or number each cone and ask the players to shout out the numbers instead as they touch them.

#### Great questions to ask the children

- How can you watch your partner carefully and copy him/her?
- How can you move to each cone as quickly as possible? (E.g. concentrate well, have a plan ready for which order you will touch them in).
- Can you practise passing the ball with both feet?

## SKILL DEVELOPMENT: 2V2 + 2 FLOATERS ON THE SIDELINES



### Organisation

- Before you start, remind learners of the rules of the game to ensure safety (e.g. don't play rough, respect others' space).
- Organise a 2v2 in the middle, with two floaters on each of the two sidelines.
- When a team has the ball, it can also combine with the floaters to make a 4v2.
- The goal of the game is to dribble or pass to the end line and put a foot on the ball to score a point.
- Change floaters after a pair has scored five points.

### Ways to make the exercise easier

- The players can start by throwing and catching the ball to the end line.

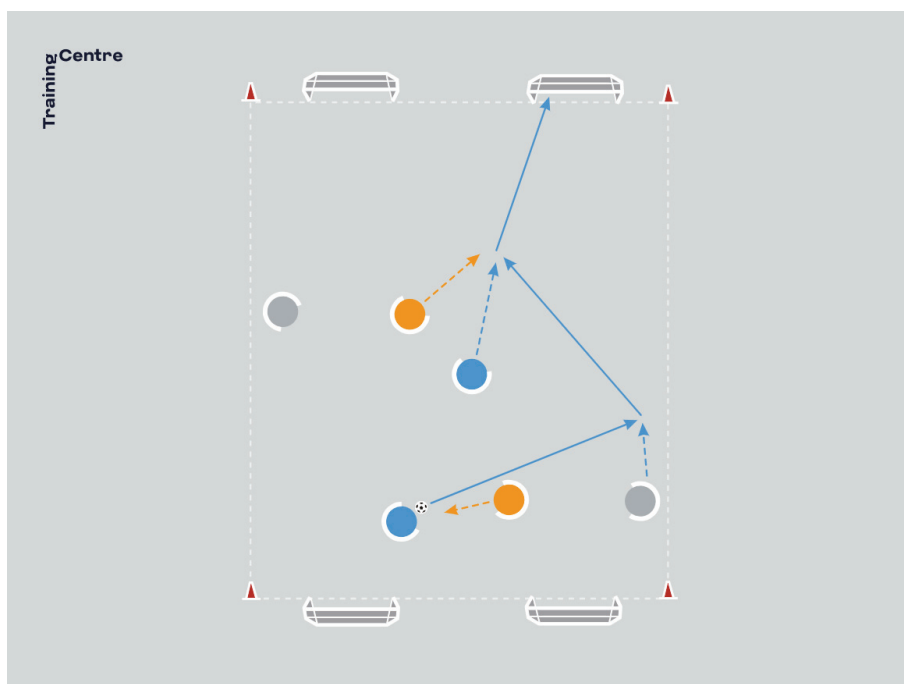
### Ways to make the exercise harder

- To score, a player has to receive a pass at the end line.

### Great questions to ask the children

- Can you try to use all three of your team-mates when you have the ball?
- If you are a floating player, can you move up and down to support the player with the ball?
- Can you call for the ball if you are ready to receive it?

## GAME APPLICATION: 2V2 + 2 FLOATERS INSIDE THE SQUARE



### Organisation

- Before you start, explain the rules of the game to ensure respect and enjoyment (e.g. treat everyone respectfully, encourage your team-mates, don't be a sore loser).
- 2v2 on the pitch, with two extra players (floaters) who can play for the team that has the ball.
- The pair in possession of the ball has a 4v2 and tries to score in two of the target goals.
- Rotate the floating pair and also rotate the pairs regularly.
- Five goals must be scored to win the match.

### Ways to make the exercise easier

- The players can score in any of the four goals.

### Ways to make the exercise harder

- The defending pair can try to play as goalkeepers to stop the ball entering the goals.

### Great questions to ask the children

- Can you try to use all three of your team-mates when you have the ball?
- If you are a floating player, can you always try to give the ball back to a player in the colour you received it from?
- Can you call for the ball if you are ready to receive it?